

Black Hole

拍數: 32 牆數: 4 級數: Intermediate west coast swing
編舞者: Matthew Oakley (UK)
音樂: Supermassive Black Hole - Muse



TOUCH & STEP, ¼ ROCK & CROSS, ROCK & TOUCH, & CROSS SHUFFLE

- 1&2 Touch left foot forward, step left foot next to right foot, step right foot forward
3&4 Turn ¼ right, rock left foot to left side, recover weight to right foot, cross left foot over right foot
5& Rock right foot to right side, recover weight to left foot
6& Point right foot across left foot, step right foot to right side
7&8 Cross left foot over right, step right foot to right side, cross left foot over right

STEP, HITCH ½ TURN, & STEP, CROSS, STEP, PUSH, CROSS, SIDE SHUFFLE

- 1-2 Turn ¼ right, step right foot forward, hitch left knee, turn ½ right
&3-4 Step left foot slightly to left side, step right foot to right side, cross left foot over right foot
&5-6 Step right foot to right side, step left foot to right, as you step left foot in push right foot out to side (creating a slip action), cross right foot over left foot
7&8 Step left foot to left side, step right foot to left foot, step left foot to left side

FORWARD ROCK, RECOVER, SAILOR STEP, ROCK & SIDE, & SIDE STEP

- 1-2 Rock right foot forward to right diagonal, recover weight to left foot
&3-4 Step right foot behind left foot, step left foot to left side, step right foot to right side
5&6 Rock left foot behind right foot, in locked position, recover weight to right foot, step left foot to left side
7&8 Hold, step right foot to left foot, step left foot to left side

CROSS & SIDE, TOUCH BEHIND TWICE, BEHIND & CROSS, HIP ROLL, & BUMP

- 1&2 Cross right foot over left foot, step left foot to left side, step right foot to right side
&3 Touch left foot behind right foot, as you do swivel toes of right foot to right (bit of style), step left foot to left side, as you do swivel toes of right foot back to center
&4 Touch right foot behind left foot, as you do swivel toes of left foot to left, step right foot to right side, as you do swivel toes of left foot back to center
5&6 Cross left foot behind right foot, step right foot to right side, cross left foot in front of right foot, as you do that, start a hip roll going backward first then round to the right
7&8 Turn ½ right, finish hip roll so your weight is back on left foot, bump hips forward to right diagonal, sit back into left foot
& Bring right foot to left foot

REPEAT
